

## What is claimed is :

1. A foldaway treadmill including one pair of vertical posts, one base frame, one tread base, one supporting unit, one or a plurality of pneumatic-hydraulic cylinders, characterized in that there are  
5 pneumatic-hydraulic chamber and compressing chamber separated by piston with air and oil of suitable proportion, and draining-functioned groove on piston to provide one or multiple-staged buffering during folding with one safe positioning point.
- 10 2. The invention according to claim 1, wherein the said safe positioning point is dependent on proportion of air and oil inside pneumatic-hydraulic cylinder.
3. The invention according to claim 1, wherein there are one rotatory tread  
15 belt, and also two fixing switch handles, two fixing tips, two wheels, located at rear ends of both longitudinal sides of tread base.
4. The invention according to claim 1, wherein there is one powered driver in one longitudinal side of tread base.
- 20 5. The invention according to claim 1, wherein one supporting frame with rotating axle interconnect tread base and base frame.
6. The invention according to claim 4, wherein there is one  
25 pneumatic-hydraulic cylinder in each side of supporting frame.
7. The invention according to claim 4, wherein there is one shock-proof pad in each end of base frame.